

A College for Recovery: Co-production in Action

Brief Bios

Widely recognized for her expertise in interpersonal communication, Jane Stein-Parbury is particularly well known for her best-selling textbook, *Patient & Person: Interpersonal Skills in Nursing*, now in its 5th edition. She has more than 35 years of experience in mental health as a registered nurse and is Professor of Mental Health Nursing in the UTS Faculty of Health. In this capacity she has led research and practice development activities. Her funded research includes the implementation of person-centred care for dementia in residential settings and patient-clinician in the emergency department. Her current practice development projects include the reduction of seclusion, the development of ward structure to reduce conflict in acute mental health settings. Her research work has been published in peer-reviewed journals and she has been invited to contribute chapters in academic textbooks.

Dr. Katherine Gill is a Registered Occupational Therapist, and is undertaking the Research and Evaluation for the South Eastern Sydney Recovery Colleges, in keeping with a basic co-production tenet of Recovery College. Dr Gill has a background in medical and mental health research, and has worked in the Non-Government Community Mental Health sector and manages the Broader Health Cover programs for a private health fund.

Abstract

Recovery in mental health is a consumer-driven movement whereby consumers are empowered to achieve their life goals and aspirations, that is, to live a fulfilling life despite the presence of mental health problems and/or diagnoses. Termed personal recovery, this view stands in contrast to traditional medical views that a serious mental illness effectively 'robs' a person of a satisfying life. Recovery Colleges are designed to assist people in their personal recovery journey through converting traditional mental health treatment approaches and consumer worker training into educational opportunities. Professor Stein-Parbury and Dr Kate Gill, one of the consumer co-producers, will present preliminary results of an evaluation of the first RC in NSW.

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